# Shrill Canadian Cry Puts Backs Up in U.S.

Ladies of the Canadian Club sat up and took notice yesterday when they were told that Canada was raising a "shrill voice that would no doubt get shriller" in connection with certain U.S. policies.

The managing director of Time Magazine International's Canadian bureau, Mr. L. E. Laybourne, was speaking in the Empress Hotel, on "Behind the Headlines on Canadian-United States relations.

He said Canadians didn't know as much about the U.S. as they thought they did; that Canadians lacked knowledge of federal legislation in the U.S. and that during the last general election in Canada, the "idea got across that Canadians were not exactly delighted with the United States."

To the latter remark, Mr. Laybourne appended, "There is still a somewhat surprised feeling at this intelligence, and the slightly disheartening news that even an old pal was peeved with you."

"There is a growing conviction on my part," said the speaker, "that the savvy Canadians credit themselves with having about the United States is not nearly so complete and penetrating as the folklore of Canada keeps asserting."

Mr. Laybourne went on to say that most of the reporting done in the U.S. by Canadian journalists seems to be "on what the trade calls the "Canadian angle" and there isn't much reporting designed to "explain, assess and interpret American trends and problems in terms understandable to Canadians."

Mr. Laybourne said Canadian politics had lately made a big impression in the United States.

"When a central theme in a national election is who is best able to deal with the Americans, the argument gets through to those who are going to be dealt with."

"A somewhat shrill tone of voice has made itself heard from Canada," he said, "and from where I sit the tone will get shriller as each new incident provokes fresh declarations of Canadian independcene.

"It would be naive to confuse shrillness with intelligent resolution, and to hear some editors on the catalogue of American offences against Canada, you'd suppose there was a secret society, a Ku Klux Klan conspiring to do Canada in.

"I get quite heated on this subject," he said heatedly.

Mr. Laybourne, an American, went on to say, "There has been more than a trace of shrillness too, in the complaints over the behavior of American capital in Canada. I'd like to point out that it has planted in Canada equipment and techniques which lifted the material well-being of the people without, I think, damaging the soul of Canada in the process."

Mr. Laybourne, pondering the problem of Canadian-U.S. relations said:

"The relationship is so complex. Is it perpetual antagonism? Or is it a chronic state of disinterest and ignorance on one side matched by an equally durable condition of envy, jealousy and resentment on the other. Or is it a happy competition of self-denial and deference? It's a combination of both."

He wound up by saying he hoped in the long run, the two countries would serve as an example to the world of "essential partnership and goodwill."

# Esquimalt IODE Elects Officers

Esquimalt Chapter IODE raised more than $700 for their projects it was shown in reports presented at the annual meeting held following a dinner last evening at the Tea Cottage.

Successful fund-raising affairs included an Empire Day tea summer fair, coffee and sherry parties and raffles.

A total of $254 was spent on educational work and included $75 to secondary education, $75 Esquimalt High School scholarship, $10 to the Golden Jubilee Scholarship Fund, $10 to the top student at Esquimalt High School; magazines, records, pictures and candy provided for the adopted school at Kyuquot, B.C.

Donations were made to the Mary Croft Cot at the Solarium, Commonwealth Relations, Municipal Film Fund, National Film Fund, Overseas Relief, Empire and World Affairs, Shipping Fund, Water Garden for the Blind, Cancer Fund, Government House gift, Peace Garden and Imigration and Citizenship.

Mrs. James Bryant was re-elected regent of the chapter, with Mrs. A. C. Wurtele first vice-regent; Mrs. R. Ross, second vice-regent; Mrs. A. G. Fulmer, secretary; Mrs. A. W. Smith, treasurer; Mrs. K. C. Cooper, education secretary; Mrs. W. M. Jackson, Echoes; Mrs. J. T. Jones, standard bearer, and Mrs. H. Baker, services at home and abroad.

A total of $748 was raised through projects this past year, and $470 was used in various works of the chapter.

## Centennial Cake

More than 500 members and friends of Metropolitan United Church congregation gathered in the church hall yesterday to enjoy a slice of huge three-tier 100th anniversary cake, being cut by Mrs. Aaron Parfitt and Rev. F. E. H. James. Mrs. Parfitt represented pioneers of the church who attended before 1900. Dessert party was followed by centenary gathering in the sanctuary.—(Colonist photo.)

# Marlene Helps Out; Stockings, Advice

NEW YORK (WNS)—Lisa Kirk, who has the same leg measurements as Marlene Dietrich, discovered her supply of hose was the wrong size the night of a recent opening in Chicago. She phoned Marlene, who happened to be in town and the famous Grandma came over with a supply and some advice.

"Take care of your legs," she told Lisa, "they'll take you a long way. I call them my safety pins. They've held me at the top for years."

## Auctioned Girl Gives Father Life of Ease

**IDESA, Turkey (WNS)—Women are still sold at auction in Turkey. A peasant who recently put his beautiful daughter up for sale receiving $18,000 for her from a rich farmer. The peasant retired on the proceeds, and the daughter isn't complaining. "It is good for a girl to make her father's life easier," she said, "and I shall be living richer than I ever dreamed of, too."**

*Stay Alive Longer!*

# Your Heart's in Your Hands

By LELORD KORDEL

The pain struck Tom Newton as he was running to catch the 8.05 train home. It left him short of breath, and as he walked down the ramp he thought: "Must've been that hamburger I wolfed down in the station. And on top of that, running for the train. Guess I'll have to remember that I'm not exactly a kid any more."

On the train, he ducked into the first empty seat in the nearest car, and waited for the pain in his chest to subside. Instead, it came on again, full-grown. Searing as though it were a small, hot bulb, the pain remained constant. It concentrated on an area no larger than a quarter. He clutched at the oppression, which seemed to centre four inches below his necktie.

### Rod of Pain

Suddenly there was a second acute ball of pain, then a third left him struggling for breath. Everything in his body strained toward the left side of his chest. Now his body was nothing more than a container for that searing rod of pain. He tried to clutch at the pain again with his left hand. He couldn't. The whole arm had become numb. He began to knead the useless arm with his right hand, and the pain radiated from his left shoulder down to his elbow.

At that moment Tom knew. He was having a heart attack.

Tom turned to find that a woman was sitting beside him. She was staring at him as he frantically rubbed his arm.

"I—I'm very ill," he told her.

Then he gave in to the pain and slipped away into unconsciousness.

### Man in White

He didn't wake until he felt someone putting a small pill under his tongue. It was a man in white. That and the wail of the siren told him he was in an ambulance on his way to a hospital.

Tom doubtless triggered his heart attack with his rushing for the train and the food he had eaten that day. Yet, he had received other telltale signs: his nervous indigestion, his sleeplessness and his pallor. "Working too hard at the office," he would say. "Guess I'll have to take a vacation one of these years."

If you are overweight, and feel even slightly under par, check up on your health.

Why not face it? Your heart is in your hands. This is the age of the coronary-disease epidemic. Doctors are trying a cure-through-prevention. But the greater part of this job must be done by you alone.

### Vicious Killer

This disease is a prejudiced killer. It stalks through our land, striking down the hard-working, the able, the energetic—males by preference. It is a vicious killer of the mature man—the man who is probably near the top of his business and who, like Tom, prides himself on being a healthy specimen, whose boast is, "Never sick a day in my life."

Coronary heart disease is characterized by a sudden, severe pain in the heart region or the pit of the stomach. Until about 40 years ago, it was called "acute indigestion." Sudden death is not uncommon. Today, with our faster pace of living, it strikes not only the older man. Men in their 30's and 40's are claimed as its victims.

Your heart is a masterpiece of nature. It is not a delicate or fragile organ, but a strong, hardy mechanism. Day after day, year after year, it perporms a tremendous amount of work, never stopping for even a few seconds. This miniature pump is just about the size of your fist.

### Few Complaints

Each day the heart pumps approximately 4,320 gallons of blood through 60,000 miles of blood vessels. The quantity of blood it pumps varies from hour to hour. Yet the heart seldom complains. It adjusts its blood flow to your body's needs.

Do you like to kid yourself by thinking there's no connection between the foods you eat and thickened, hardened arteries? Imagining yourself immune you think that "pass the potatoes and gravy, honey" will do you no harm. That you can eat all the high starch, high fat junk you have a mind to.

You may think that only with advancing age is one troubled, if one is to be troubled at all. But did you know that there is plenty of evidence to show that coronary disease was found in three-fourths of 300 young men, averaging 22 years of age, who were killed in battle in Korea?

The excessive starches, the high fats—especially in combination—have a good deal to do with the yellowish, fatty material that deposits itself in scattered patches beneath the slick lining of the arteries, usually at the point where they branch. What do you suppose happens when these deposits start blocking the arteries?

The heart muscle warns you with a severe pain that is felt beneath the breastbone, across the upper part of the chest, or down the left arm.

Disregard this warning and you invite the real No. 1 killer or crippler to enter your life.

Such lesions on your arterial walls may slow down the circulation of blood to the extent that a clot forms at the point of narrowing—a clot that completely stops the blood flow which feeds your heart. Your coronary artery is plugged and you have coronary thrombosis—a clot on the heart.

With modern treatment your chances of survival from an initial attack of coronary occlusion are close to 90 per cent. Eighty to 85 per cent of coronaries who recover from such attacks are able to return to their jobs and to resume fairly normal lives.

The well-known New York heart specialist Dr. Arthur M. Master says: "There is no justification for the pessimism and psychological invalidism. Many of the patients who survive the acute attack live for many years and approach the ordinary life span."

Don't be a heart-pessimist.

He's the man who continues on his precarious way. He says, "I've got heart trouble, but there isn't anything I can do about it."

Listen to your heart's warning. You can increase your chance for survival. If necessary, say:

"I've got heart trouble, but there must be something I can do about it. Tell me what it is, and I'll do it!"

**Tomorrow: How to "Help Yourself to a Healthy Heart." The importance of proper nutrition.**


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